

please note --  
Monday AM deadline  
for all news releases  
-- -- not advertising

## UNICO SAYS 'DINNER IS READY'

Nick Chechile, chairman of the 8th annual UNICO macaroni dinner announced all is ready for the family style dinner to be held at the Agawam Junior H.S. on Thurs., Feb. 26, with continuous servings from 4-8 p.m.

This years menu will feature Italian Zitti macaroni, home made meatballs, tossed salad, Italian bread, ice cream, milk and coffee. An added feature of the dinner will be the home baked food sale which features baked goods. Prepared by the wives of the Local UNICO chapter.

President Gus Bartolucci, chairman Nick Chechile and all the members of the Agawam Chapter of UNICO invite you and your family to attend this family style dinner.

All proceeds from the dinner are used for the UNICO Scholarship Fund which provides scholarship grants for children from Agawam.

## POLLUTION PROTESTORS

Air pollution causes serious damage to living lungs. It even corrodes the tombstones of the dead.

But across the country, "breathers" libbies, groups of aroused citizens, are pressing hard to fend off pollution. Public agitation is having its effect.

Last fall in Pennsylvania, for example, 500 aroused citizens showed up at hearings to demand better protection against air pollution. The Pa. T.B. and Respiratory Disease Ass'n was right there where the action was, pushing for better air pollution control standards.

As a result of the hearings and other pressures from concerned groups, the state's air pollution commission recommended that Pa.'s pollution limits be made one of the most stringent in the nation.

Public hearings and citizen protest play a crucial role in the fight for air pollution standards. Under the Federal Air Quality Act of 1967, states individually decide the air pollution standards they want. But they are required to hold public hearings while setting the standards and while drafting plans for implementing the standards, too.

Transcripts of the public hearings must go to the U.S. Dep't of Health, Education, and Welfare along with the proposed standards. Public reaction plays a big role in HEW's decision to approve or reject the standards.

Find out what you can do about air quality standards in your area. Check with your local respiratory disease assoc'n. It's a matter of life and breath.

Parents are requested to contact nearest elementary school for registration of children who will enter 1st grade Sept. 1, 1970. Children must be 5 years old on or before the 1st of March 1970 to be eligible.

## BALLET FOR FITNESS

Registrations are now being accepted for the 7 week ballet fitness classes, sponsored by the Jewish Community Center.

Mr. Guy DeVille will instruct the classes, starting March 5, Thursdays, 10 - 11 A.M., open to the public. A babysitter for children of walking ages will be available.

Following each session, steam and sauna baths will be offered for those interested.

For further information, contact Mrs. Esther Griggs, Women's Physical Ed Director at the Center.

More than 250 species of foreign game birds have been stocked in the U.S. with the hope they would become established for the hunter's benefit, the MASS. AUDUBON SOCIETY says.

A british animal-welfare organization sent out a press release urging readers to "Save the world's wildlife now! Tomorrow may be too late!" The release was marked: "For publication tomorrow."

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Agawam News, Inc.  
435 River Road, Agawam

# THE AGAWAM News INC.

Agawam's First Newspaper Serving All The People

Vol. 19, No. 9

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## SEX EDUCATION AND VENEREAL DISEASE

If the public-school curriculum included courses in sex education—and seven adults out of every 10 think it should, according to a recent Gallup poll—such courses could familiarize young people with the health hazards of VD. The National Education Association favors sex education at the elementary-school level, as do the American Medical Association and the National Council of Churches; and the National Council of Parents and Teachers has urged that students be educated, beginning at the eighth-grade level, to VD's dangers. By one estimate, some form of sex education is available at present in two-thirds of the country's school districts.

But prospects for the effective control of VD through sex education are not encouraging. The partisans of sex education often disagree about such fundamentals as what, precisely, should be taught, and how and by whom. The very concept of sex education has aroused considerable opposition, generated in some cases by ultraconservative groups such as the Christian Crusade and the John Birch Society. The January 1969 issue of the Birch Society's Bulletin appealed for "organized, nationwide, intensive, angry and determined opposition to the . . . mushrooming program of so-called sex education in the public schools." And in some communities the proponents of sex education have to contend with calumny, harassment and intimidation.

When sex education becomes politically controversial, the lawmakers are often reluctant to touch it. Last May, for example, New York State's legislature cut all mention of sex education out of a two-year-old law requiring health courses in the public schools. (Ironically, the legislature's elimination of sex education from the health syllabus coincided with a report from New York City's health commissioner that venereal disease had reached epidemic proportions.) And in California, a law passed last fall allows parents, if they choose, to keep their children from attending school courses in sex education.

But even where courses in sex education are firmly established in the school curriculum, an overly fastidious approach to the subject can make the courses less effective than they might otherwise be. The teacher may spend more time on the history of VD than on its causes, symptoms and cure. The fact that almost all VD is spread in intercourse may be ignored, glossed over or presented in reassuring biological terms—the birds-and-the-bees approach. Local health departments report that VD education is sometimes given in such courses as Home Economics, Driver Education, Humanities, Home Room and Problems in Democracy—courses unlikely to do justice to the subject. So the youngsters don't learn, or they think they know better to begin with.

The fact remains, however, that realistic programs of VD education can produce remarkable results. An in-depth study of teen-age sex habits suggests that constructive sex education in the school or in the family tends to discourage promiscuity, and thereby reduces the likelihood of infection. And two years after the introduction of VD education in Los Angeles schools, public-health authorities noted a drop of 72 per cent in teen-age syphilis and a significant rise in the rate of teen-agers seeking treatment for the disease. Health-department statistics also suggest that promiscuity among Los Angeles youngsters fell off considerably after VD instruction began.

There is another lesson to be learned from the Los Angeles program. In 1962—the year before the VD program began—Los Angeles health officials worked at length with civic and business groups and with television, radio, press, poster and billboard campaigns, to make their purpose clear to the community at large. One result of that preparation was education of the community itself in the problems of VD control.

## SPECIAL COMMISSION FOR LOCAL GOVERNMENT

The special Legislative Commission Studying the Modernization of County Governments has invited chairmen of the Bords of Selectmen and all Town and City Managers in Berkshire, Franklin, Hampden and Hampshire Counties to present their ideas on county gov't at a hearing to be held Thurs., March 5 at 7 p.m. at the Superior Court Building, 37 Elm St., Springfield. Members of the Commission, which is holding hearings throughout the Commonwealth, are: Senator Denis L. McKenna, of Somerville, Chm; Rep Lawrence P. Smith, of Lawrence, Vice-Chm; Rep Paul W. Cronin, of Andover, Clerk;

Sen John D. Barrus, Goshen; Rep James L. Grimaldi, of Springfield; Sherriff Donald P. Tulloch, Barnstable; Plymouth Co. Comm. Edward P. Kirby, of Whitman; Hampden Co. Comm. Lloyd W. Fradet, of Springfield; and Mrs. Marcia Molay, of Wenham, ass.

The commission was authorized to study House Bill No. 4129, an act to modernize county gov't. The commission hopes that through public hearings to be held in every part of the state, to get the ideas and suggestions of municipal officials as to how county gov't can be more responsible to regional problems.

The incidence of syphilis outside the school system fell by more than one-third.

### Sources of information

Though properly planned school and community educational programs can do much to reduce the incidence of venereal disease, the education of minors to the dangers of VD must begin with the family. By discussing VD frankly with a child, parents make it less likely that the child will contract VD and more likely that, if he does, he will seek treatment. Parents incapable of such frankness might ask the family physician to help in the task of education.

For sex education in general, a substantial body of helpful literature is available. There are manuals for parents whose knowledge of the subject is less than adequate and for parents unsure of how best to explain such matters to children. And there are many manuals written especially for teenagers. Some excellent, low-cost publications on sex education may be obtained from the Children's Bureau of the U.S. Department of Health, Education and Welfare, Washington D.C. 20201; the American Social Health Association, 1740 Broadway, New York, N. Y. 10019; the Child Study Association of America, 9 East 89th Street, New York, N. Y. 10028; and the Public Affairs Committee, 381 Park Avenue South, New York, N. Y. 10016.

For information on venereal diseases, their avoidance and treatment, the available literature is less satisfactory. The general press tends to concentrate, sometimes academically, on statistical and public-health aspects of VD. Health department literature, too, leaves something to be desired; it is often limited in scope, general in content and calculated to frighten rather than to enlighten.

taken from the Feb. Consumer Reports



James A. Wiley, son of Acton and Katherine Wiley of 109 So. Park Ter., is shown being sworn into the U.S. Army Warrant Officer Flight Training Program by Captain Joseph Zmugg of

the Army Recruiting Command in Springfield. Jim will attend basic training at Fort Polk, La., for 8 weeks then begin flight training at Fort Wolters, Texas. Jim is a 1969 graduate of Agawam High School.

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An elevator at a government building in Washington, D.C. bears this sign: "Civil Defense Procedures for Elevator No. 1: Pick up wardens from all floors and take to third floor. Return to lobby. Note: In case of actual emergency, elevators will not operate."

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A movie company filming an espionage comedy built a dummy radar station near Stavern, Norway. Shortly afterward an East European car bearing diplomatic-corps license plates stopped nearby. Several men jumped out, photographed the "radar installation" and sped away.

### Dean's List

Miss Karen Loncrini, daughter of Mr. and Mrs. Leo Loncrini, of 128 Cooley St., was named to the Dean's List at Albertus Magnus College, in New Haven, Conn.

Clinton M. Bowen, dean AIC Evening, said that 39 students attained Dean's List status during the first semester 1969-70.

Those honored from Agawam are: John J. Cardone of 103 Raymond Cir., Charles J. McCobb of 71 High St. and Arthur Psholka of 768 Suffolk St.

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## Nature's Ways

by Wayne Hanley

## THE NEW ENGLAND SPIRIT

Anyone who doubts that New Englanders are more stoic than Californians need only study the two tribes' reaction to oil on the sea.

A few weeks ago Santa Barbarans celebrated — if that's the proper word for a vigorous protest — the 1st anniversary of the oil leak which their uproar made famous. The Santa Barbara gunk oiled 40 miles of beach. The seabird kill has been placed at 1500 to 2000.

A few weeks ago, although most New Englanders probably have forgotten it, a mysterious raft of oil appeared off Martha's Vineyard. About 28 miles of beaches were oiled. Some 1000 seabirds died.

Well, as most New Englanders say, there's a difference there. The Santa Barbara leak still seems more destructive.

Okay, then let us consider this: In 1969, the same period in which you consumed through the T.V. tube and news columns horror stories about the Santa Barbara destruction, there were 11 different oil at sea incidents in N.E. which killed a known total of 1200 seabirds. In that period, 40 miles of beach along the Outer Cape and the Islands — received a generous oiling — and that was the Mass. toll alone. Add the 1969 birds to the recent Vineyard toll and we're a couple hundred dead birds ahead of Santa Barbara.

But, we might say: "If this happened often, we'd remember it!" In 1967, an average of 10 oil spills per month were recorded along the coast between Maryland and Maine and 10,000 seabirds were known to have died in them.

Rex Tice, U.S. Fish & Wildlife enforcement chief for the northeast

region, estimates that about 10% of the seabirds lost in oil spills ever are reported. The other 90% die at sea before reaching land or are beyond the reach of observers on islands and other isolated spots. This could mean that 100,000 rather than 10,000 birds died in 1967.

Such figures, however, are not too impressive when one looks at the bird kills caused by oil at sea in the northwest Atlantic. In the winter of 1959-1960 at least 250,000 auks died from oil incidents off Newfoundland. Kills of ducks exceeding 4,000 birds on Long Island Sound, Narragansett Bay and off Nantucket have happened so often that recording them becomes monotonous.

The facts seem to indicate that N.E. has been immersed in oil so regularly that public reaction to the incidents has become immune.

The real tragedy, so far as seabirds are concerned, lies in the fact that once they become oiled, they are almost certain to die. Many human agencies spend much money and effort aiding the small percentage of oiled birds that can be captured along the beach. But the percentage of birds that survive human care and return to the sea is minuscule.

As the August, 1968, report on oiled seabirds issued by the World Wildlife Fund, Royal Society for Prevention of Cruelty to Animals and Royal Society for the Protection of Birds said:

"If anything, present evidence suggests that the rehabilitation of oiled seabirds satisfies a human need but has no biological significance whatsoever."

For a free brochure on oil at sea, send a large, stamped, self-addressed envelope to Oiled Birds, Mass. Audubon Society, Lincoln, Mass. 01773.

## NIH THE SEARCH FOR HEALTH

A REPORT FROM  
THE NATIONAL INSTITUTES OF HEALTH  
BETHESDA, MARYLAND

## Sarcoidosis

Sarcoidosis, or Boeck's Sarcoid, as it is sometimes known, is a disease of unknown cause. Characterized by the appearance of small lumps in various organs and tissues, it is world-wide in distribution. In the United States, it is most prevalent in rural areas and in the Southeast. It is frequently seen in Negroes.

The disease usually follows a chronic course with few symptoms. In such cases no treatment is needed. When a more serious situation arises, such as eye involvement or severe lung disease, physicians often employ steroid drugs to good effect. These drugs, however, merely suppress the symptoms. There is no known cure.

Sarcoidosis is most accurately diagnosed by microscopic examination of the affected tissues. A specific skin test—the "Kveim test"—and chest X-rays showing typical lung changes are also used as diagnostic techniques.

Some of the research supported by the National Institute of Allergy and Infectious Diseases (NIAID) has been directed at refining the materials used in the "Kveim test."

This test involves the inoculation of sterilized material derived from a known sarcoid nodule into the patient's skin.

A person with sarcoidosis will usually develop a nodule at the injection site, whereas a healthy individual shows no reaction. Scientists are hopeful that research on purification of the test material may also yield a clue to the underlying nature of the disease.

For unknown reasons, sarcoidosis patients have a defective immune response—that is, their bodies do not react normally to ward off infections. Scientists, among them NIAID grantees, are studying some aspects of this abnormality, including changes in the blood components involved in the body's immune response. Ultimately, it may be determined whether the immune deficit is a cause of sarcoidosis or merely one of its consequences.

One of the most widely held beliefs concerning the nature of sarcoidosis has been that it might be a form of tuberculosis. This possibility suggested itself because of a number of resemblances between the two diseases and because of the frequency with which sarcoidosis patients develop active tuberculosis. The results of recent research indicate that while there may indeed be a relationship between the two diseases, it is probably much more complex than was originally supposed.

## CENSUS TAKERS NEEDED

Wilson H. Pierce, District Manager of the 1970 Census of Population and Housing which starts April 1, today issued an appeal to residents of this area to apply or jobs as census takers.

Applicants must be 18 years old or over and citizens of the U.S. They will be required to pass a selection test demonstrating their ability to understand printed instructions and do simple arithmetic. Many will need a car in their work for which mileage will be paid.

Census takers will be paid on a piece rate basis designed to average \$2.00 per hour nationally. Hourly earnings will vary depending on the diligence of individuals, according to the District Manager who pointed out that some will earn well above the average, while others who work less effectively will earn less. The average assignment for a census taker will last from 3 to 5 weeks in April and May.

The Census Bureau is an equal opportunity employer.

Candidates may apply by calling 785-5334.

## Secretary wanted

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When a Southern firm sent out a two-page questionnaire, 50 percent of the questionnaires were returned, including one from a man who answered "No" to question No. 36: "Do you fill out questionnaires?"

Forest fires, 1958-67, burned an area as big as N.Y., N.J., Conn., Mass., and R.I. 100,000 fires each year blacken 4,000,000 acres equal to a 5-mile-wide corridor from N.Y. to Tex.,

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Healy, 732-3675.

The most severe pollution problem of the ancient Middle Eastern civilizations was the silting of rivers and irrigation canals; this wiped out great Mesopotamian cultures and threatens ours, the Mass. Audubon points out.

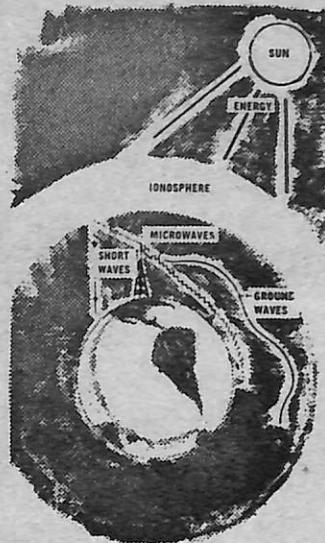
Well, What Do You Know?  
fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge



## What is the ionosphere?

The distance that radio waves can travel is determined largely by the sun. The sun sends its energy down to the earth. This energy electrifies the ionosphere—layers of air about 60 to 200 miles above us. The ionosphere layers reflect radio waves back to the earth.



There are layers of the ionosphere high in the sky and layers low in the sky. The more intensely a layer is ionized—or electrified—the more it bends the path of a wave, or reflects it. Bending, or reflection, of waves also depends on the wavelength.

Long waves are usually sent out as ground waves. Medium waves are sent out as a combination of ground and sky waves. Short waves are sky waves that go up so far in the ionosphere that they bounce for long distances. The very shortest

waves (microwaves) go right through the ionosphere and rarely return to earth at all.

## What is the Kohinoor diamond?

The Kohinoor is the most famous diamond in the world. The stone's long and tragic history was set down in 1526 by Sultan Baber, who founded the Mogul dynasty in India. For a long time it was believed that the owner of the Kohinoor ruled the world—even though he was always in danger of losing his life. The sons and brothers of emperors owning this precious diamond fought for it continuously. One ruler refused to tell the stone's hiding place even when boiling pitch was poured over his head and his eyes were put out. Now the Kohinoor, or "Mountain of Light," is the central stone in the British queen's state crown, made for Queen Mary in 1911.

## Do you know why dried grapes are called raisins?

The word "raisin" was borrowed from French. In French, *raisin* simply means "grape." The French name for raisin is *raisin sec*, which means "dry grape."

In the year 1066 the Normans, people living in northern France, conquered England. The new rulers of England spoke French. It became fashionable for people in England to speak French and to use French words when speaking English. In this way the English language soon permanently borrowed many French words, including *raisin*.

(For a free booklet, "The Magic Carpet," illustrated in color from The New Book of Knowledge, send name and address to Martha Glauber Shapp, Box 47, Putnam Valley, New York 10579.)

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## ALA CITES INSURANCE COSTS

BOSTON — A Boston motorist digs deeper into his pocket to own and operate a car than motorists in 27 other key cities, according to a nat'l survey released today by the Automobile Legal Assoc'n.

The ALA's Cost of Car Operation study indicates that the Boston motorist who uses his car for business and drives 10,000 miles a year pays 20.92¢ per mile for the privilege.

Philip C. Wallwork, ALA public relations director, said the Boston figure is 1.57¢ per mile higher than in the next costliest city, New York, where the per mile rate for 10,000 miles a year is 19.35¢.

In its study, the ALA theoretically buys and registers an identical medium-sized, 4-door sedan in each city. Equal insurance coverage is placed on each car, local taxes and reg. fees paid and a driver's license secured. Average figures for depreciation, maintenance and repairs are considered, as well as the local cost-per-gal. of gas. Overall costs are then figured for various annual mileages, ranging from 5,000 to 30,000 miles per year.

"On a city-to-city basis, the greatest variable is the cost of insurance," Wallwork said, "and the insurance expense is the main reason why the cost of car operation in Boston is

greater than in all of the other cities.

"The cost of insurance for the Boston driver is 40% higher than in the next costliest city, New York," Wallwork said. "On a 15,000-miles-per-year basis, the cost of insurance in Boston is higher per mile than the cost of gas, oil and maintenance."

The ALA study assumed coverage of \$40,000/\$100,000 liability, \$10,000 prop. damage, \$1,000 med. payments, uninsured motorist, fire and theft, and collision with a \$50 deductible.

Wallwork said that one consolation in the high cost of motoring is that it becomes cheaper with every mile driven.

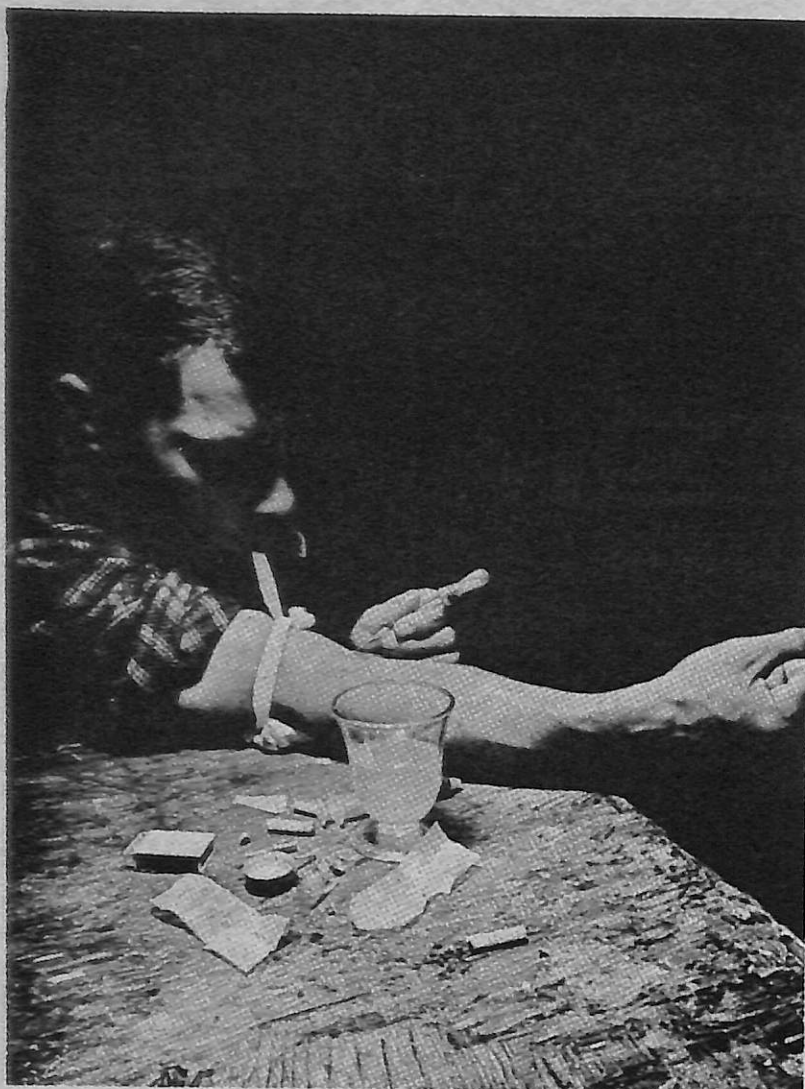
"The fixed costs such as insurance, taxes and regist. must be paid whether the car is driven for one mile or 30,000 miles in a year," he said. "Thus, the more miles driven, the lower the cost per mile."

In all sports sudden movements and unusual body posture can create problems that are not immediately evident. The Mass. Chiropractic Soc. recommends that anyone who indulges in sports should have a regular spinal checkup.

## Cleaning Beads

To clean pearl and amber beads, rub olive oil on them with a piece of flannel or chamois. Go easy on the amount of oil and the pressure of your rubbing.





### "TURNING ON" WITH REALITY

"Those of us who are critical of student drug abuse," said Dr. Kenneth Keniston of Yale, "must demonstrate to our students that there are better and more lasting ways to experience the fullness, the depth, the variety and the richness of life than that of ingesting psychoactive chemicals."

Facing realistically the issues of this troubled age can be a joy far outweighing the empty thrill of drug-induced euphoria. But the case must be argued by example rather than rhetoric. How seriously does each of us take these issues:

- Overcoming slums, ghettos, environmental pollution, individual and institutional dishonesty;
- Implementing court decisions guaranteeing the rights of minorities;
- Discovering the true meaning of "law and order" — for everybody;
- Finding ways to feed hungry millions;
- Retooling the educational establishment to prepare students for a dizzily changing world;
- Rebuilding our cities; restoring hope that peace is possible; revitalizing the aims and methods of government; protecting the consumer's rights in labor-management negotiations; replacing heated rhetoric with reasoned dialogue.

### IT'S UP TO YOU

Begin where you are to look at the drug problem, without complacency, without panic and without ignoring its possible relationships to other imbalances in the society that gave rise to it.

### LEARN THE FACTS

After treating an 18-year-old girl for hepatitis and needle abscesses caused by shooting speed (methadrine), a doctor asked her, "Didn't anybody tell you this stuff was no good?"

"Yes, man," she replied, "but they told me so much other garbage, who's going to believe it?"

Too little sound information is yet available regarding the genetic and long-range physical effects of most drugs. Exaggerated or half-baked assertions have been used in the past to prevent drug abuse. But today most young people, especially in college groups, know more about the subject than their parents; and scare tactics are quickly rejected by youth. Before discussing drugs, learn the facts — and stick to them.

**RECOMMENDED:** "What We Can Do About Drug Abuse," by Jules Saltman. Public Affairs Pamphlets, 381 Park Ave., South, New York, N.Y. 10016 — 25¢.

"What You Should Know About Drugs and Narcotics," by Alton Blakeslee. Drug Booklet, Box 5, Teaneck, New Jersey 07666 — \$1. Literature is also available, at nominal

DRUG	PRIMARY EFFECTS	DANGERS
HALLUCINOGENS	LSI, MESCALINE AND PSILOCYBIN ALTER THE CONSCIOUSNESS. CAN LEAD TO EXHILARATION OR DEPRESSION. STUDIES FAIL TO SUPPORT THEORY THAT THEY INCREASE CREATIVITY. LSD IS ALSO KNOWN AS "ACID."	"BAD TRIPS" MAY LEAD TO PANIC OVER FEAR OF LOSING MIND, PARANOIA (ACUTE SUSPICION OF OTHERS). LONG-LASTING MENTAL ILLNESS HAS RESULTED, AS HAS ACCIDENTAL SUICIDE. TRIPS CAN RECUR MONTHS AFTER TAKING INITIAL DOSE. IS NOT KNOWN TO BE PHYSICALLY ADDICTING.
HEROIN	DEPRESSES THE BRAIN AND CENTRAL NERVOUS SYSTEM AND ACTS AS A SEDATIVE AND PAIN KILLER. DERIVED FROM THE OPIUM POPPY.	OVERDOSE CAN CAUSE COMA OR DEATH FROM RESPIRATORY FAILURE. HEAVILY ADDICTIVE. WITHDRAWAL USUALLY CAUSES SEVERE BODILY REACTION.
MARIJUANA	LEGALLY, BUT NOT CHEMICALLY, CLASSED AS A NARCOTIC. NO KNOWN MEDICAL USE. REACTIONS RANGE FROM EXCITEMENT TO DEPRESSION. SENSE OF TIME AND DISTANCE BECOMES DISTORTED. DANGEROUS IF USER IS DRIVING A CAR, AS WITH DRIVER UNDER INFLUENCE OF ALCOHOL.	USER CAN BECOME ACCIDENT-PRONE BECAUSE HIS SENSE OF REALITY IS DISTORTED. HARMFUL EFFECT ON PERSONALITY GROWTH AND DEVELOPMENT OF THE YOUNG IS SUSPECTED, BUT NOT PROVEN. NOT PHYSICALLY ADDICTIVE BUT PSYCHOLOGICAL DEPENDENCE CAN DEVELOP. LONG-TERM EFFECTS NOT KNOWN.
STIMULANTS	ALSO KNOWN AS AMPHETAMINES. MOST COMMONLY USED — AND ABUSED — ARE BENZEDRINE AND DEXEDRINE. USED MEDICALLY TO COMBAT FATIGUE, RELIEVE DEPRESSION, REDUCE APPETITE. PRODUCE SENSE OF WAKEFULNESS AND ENERGETIC FEELING.	EXCESSIVE DOSES CAN CAUSE HIGH BLOOD PRESSURE, IRREGULAR HEART RHYTHMS AND EVEN HEART ATTACKS. CAN CAUSE HALLUCINATIONS AND AGGRESSIVE BEHAVIOR. BODY DEVELOPS A TOLERANCE WHICH REQUIRES INCREASED DOSES. PSYCHOLOGICALLY, BUT NOT PHYSICALLY, ADDICTIVE.
SEDATIVES	KNOWN AS BARBITURATES, ARE PRESCRIBED TO INDUCE SLEEP OR PROVIDE A CALMING EFFECT. SMALL AMOUNTS MAKE USER SOCIABLE, RELAXED. HEAVY DOSES CAUSE SLUGGISHNESS AND EFFECTS RESEMBLING ALCOHOLIC DRUNKENNESS.	EXCESSIVE DOSE CAN CAUSE COMA AND DEATH FROM RESPIRATORY FAILURE. BECAUSE THEY OBSTRUCT CLEAR THINKING, ACCIDENTAL OVERDOSES OCCUR FREQUENTLY. BARBITURATES ARE LEADING CAUSES OF ACCIDENTAL DEATH, OFTEN IN COMBINATION WITH ALCOHOL. HEAVILY ADDICTIVE, PHYSICALLY AND PSYCHOLOGICALLY.
COCAINE	DERIVED FROM THE LEAVES OF THE COCA BUSH. USED AS AN ANESTHETIC. LEGALLY, BUT NOT CHEMICALLY, CLASSIFIED AS A NARCOTIC. PRODUCES FEELING OF EXHILARATION AND IS SAID TO RELIEVE HUNGER AND FATIGUE.	OVERDOSE CAN CAUSE PARANOID ACTIVITY, CONVULSIONS AND DEATH. PSYCHOLOGICALLY, BUT NOT PHYSICALLY, ADDICTING.
CODEINE	OPIUM DERIVATIVE, USED IN COUGH MEDICINES. MINOR PAIN KILLER, PRODUCES SLIGHT FEELING OF EUPHORIA.	DEGREE AND RISK OF ABUSE VERY MINOR, BECAUSE EXTREMELY LARGE DOSES ARE REQUIRED. BUT IT IS PHYSICALLY AND PSYCHOLOGICALLY ADDICTIVE.
METHAMPHETAMINE	CLOSELY RELATED TO AMPHETAMINES, WITH SIMILAR BUT MORE POTENT EFFECTS.	WHEN METHADRINE ("SPEED") IS INJECTED INTO A VEIN IN LARGE DOSES, IT CAN CAUSE PSYCHOSIS, DISINTEGRATION OF PERSONALITY AND DEATH. NOT PHYSICALLY ADDICTIVE, BUT HEAVILY ADDICTIVE PSYCHOLOGICALLY.
MORPHINE	OPIUM DERIVATIVE USED AS A SEDATIVE AND PAIN KILLER. PRODUCES FEELING OF CALMNESS IN USER.	EXCESSIVE DOSAGE MAY CAUSE COMA OR DEATH DUE TO RESPIRATORY FAILURE. PHYSICALLY AND PSYCHOLOGICALLY ADDICTING.

charge, from the Public Information Branch, National Institute of Mental Health, Chevy Chase, Maryland 20203.

### MAINTAIN YOUR PERSPECTIVE

Stone-age cultures concocted beer and wine 8,000 years ago. Opium was known to the builders of the pyramids. Marijuana was used in India before the birth of Christ. Morphine dependence appeared during the Civil War, when the pain killer was administered to wounded soldiers.

Addiction is nothing new, although it has reached frightening proportions. Each generation — including our own — has the obligation to use God's gifts, including pain killers and stimulants, with the utmost responsibility.

We try to help people stop taking drugs but often ignore the personal and social factors that made them addicts in the first place. Historically, men have tended to treat the symptoms of drug addiction rather than its causes.

### BE A GOOD LISTENER

At a discussion of narcotics abuse in the high schools, a middle-aged teacher remarked, "What we need to control the use of narcotics among school kids in Williamsburg is more youth centers so they have something to do, like play basketball."

"What we need," a student shot back, "is somebody to listen to us about our problems, somebody who knows what we're talking about!"

Few things make a young person a candidate for the "drug scene" faster than adults who refuse to listen. Youth have a right to their views on matters that pertain to them, and a right to the attention — without interruption — of parents, teachers and others who claim to be concerned about their problems.

A strenuous effort to listen to what youth are really saying increases the odds that they will give the same attention to your ideas.

### READ BETWEEN THE LINES

"We must not become so entranced with the distress signal of drug abuse," said Dr. J. Joseph Levin of Chicago, "that we ignore the youth waving it at us."

Drug abuse is a symptom, not the underlying cause; the tip of the iceberg, whose true dimensions are barely hinted at.

## CCD LENTEN FILMS

The Confraternity of Christian Doctrine of Sacred Heart Church in Feeding Hills will sponsor a Lenten Film Discussion Series on contemporary issues. The series will be held on 5 consec. Sunday evenings from 7:30 to 9 p.m. at the Sacred Heart parish hall on Williams St.

This series will provide a positive religious outlet for the parish during Lent and also acquaint parents of C.C.D. students with the films being used in the High School C.C.D. classes this year.

The program is as follows: Feb. 22 - "Parable" - Christ's message, March 1 - "Workout" - Generation gap, March 8 - "Phoebe" - sexuality, March 15 - "Marijuana" - drug abuse, March 22 - "A Time For Burning" - Race relations

Parishioners and guests are invited to attend. Refreshments will be served.

**SECRETARY WANTED --**  
- part time  
Experienced only.  
call AM or eve.  
732-1495

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

One matronly lady to another: "My reducing club is a great success. We've lost 148 pounds. However, none of it was mine personally."



### Mary's OFFICE SERVICE

Bookkeeping, typing,  
correspondence, for  
small business  
call — 732-6380

Minister exhibiting his paintings: "Of course, you know, I'm just a Monday painter."

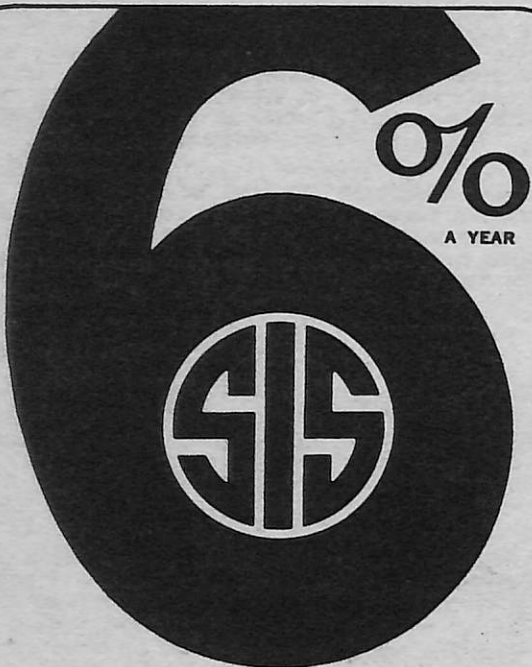
LET'S ALL PUSH FOR CLEAN  
AIR — REPORT ALL AIR  
POLLUTION NUISANCES AND  
VIOLATIONS TO THE LOWER  
PIONEER VALLEY AIR  
POLLUTION CONTROL  
DISTRICT — CALL 785-1717.

Among the 6,000 oil wells off the  
U.S. shores, 2,000 are in Louisiana  
waters, the

### WEIGHT WATCHERS MARSHMALLOW

4 envelopes unflavored gelatin  
1 tsp. vanilla extract  
16 ozs. skim milk  
16 packages artificial sweetener  
1 sm. cap imit. butter flavor (optional)

Stir gelatin into milk. Heat over low flame until gelatin dissolves. Slowly, add sweetener, then vanilla. Blend until thick enough to spoon out or cut. Divide evenly so milk amount can be counted.



## BIG NEW RATE!

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SAVINGS CERTIFICATES  
\$1,000 minimum

1-YEAR SAVINGS CERTIFICATES

5.75%  
\$1,000 minimum

INVESTMENT SAVINGS ACCOUNTS  
(90-day notice)

5.50%

REGULAR ACCOUNTS

5.00%

DAILY INTEREST ACCOUNTS

4.75%

from day of deposit to day of withdrawal

DIVIDENDS PAID AND COMPOUNDED QUARTERLY  
All deposits insured in full

SPRINGFIELD  
INSTITUTION FOR  
SAVINGS

AGAWAM OFFICE - 40 SPRINGFIELD STREET

### SCHOOL LUNCHES

Milk Served with All Meals

#### PHELPS SCHOOL

MON. — Chicken veg. soup, ham salad  
sand., orange wedges, cocoa krispies, milk.  
TUES. — Shell Mac., cabbage and carrot  
salad, Italian brd. and btr., fruit, milk.  
WED. — Juice, hamb. on btrd. roll, relish,  
onion slices, catsup, btrd. carrots, pot. chips,  
choc. cake, milk. THURS. — Juice, meat  
ball grinders, carrots and peas, pears, milk.  
FRI. — Grilled cheese sand., green salad,  
pean. btr. cookie, peaches and prunes, milk.

#### GRANGER SCHOOL

MON. — Shell Mac. w/meat and tom.  
sauce, wax beans, brd. and btr., peaches,  
milk. TUES. — Juice, frank. on btrd. bun,  
pot. chips, relish and must., mixed veg.,  
cookies, pineapple, milk. WED. — Oven  
fried chick., mashed pot., peas and carrots,  
brd. and btr., pears, milk. THURS. — Meat  
ball grinders, cheese finger, green beans,  
prune whip, milk. FRI. — Juice, tuna fish  
sailboats, pean. but. sand., whole kernel  
corn, pot. stix, apple crisp, milk.

#### PIERCE SCHOOL

MON. — Meat balls in tom. sauce, btrd  
steamed rice, btrd. peas, cheese cube, brd and  
btr., fruited Jell-o w/topping, milk. TUES.  
— Orange juice, hamb. patti in hot btrd.  
bun, btrd. green beans, pot. chips, pean. btr.  
sand., purple plums, milk. WED. — Grilled  
luncheon meat, hash brown pot., btrd. mixed  
veg., pean. btr. and honey sand., peach  
shortcake, milk. THURS. — Beef veg. stew,  
carrot and celery stix, hot cheese muffins,  
brd and btr., citrus fruit cup, milk. FRI. —  
Baked beans, egg salad sand., stewed tom.,  
pean. btr. sand., rosy applesauce.

#### DANAHS SCHOOL

MON. — Juice, hamb. on roll, corn,  
banana cake. TUES. — Tom. soup with rice  
and veg., bologna sand. and pean. btr. sand.,  
cheese wedge, pear cookie. WED. —  
Macaroni in tom. and meat sauce, brd and  
btr., green beans, peaches. THURS. —  
Baked chick; mashed pot., brd. and btr.,  
broccoli, Jell-o w/topping. FRI. — Tuna  
fish sand. and pean. btr. sand, cheese wedge,  
carrots, apple, cookie.

#### SOUTH ELEMENTARY SCHOOL

MON. — Orange juice, hamb. w/gravy  
on mashed pot., btrd. carrots, pean. btr. on  
rye brd., peaches. TUES. — Orange juice,  
homemade minestrone soup, celery stix,  
btrd. Vienna brd., pean. btr. chip cookie,  
fresh pear. WED. — Meat ball grinder  
w/spaghetti sauce, btrd. spinach, cheese  
stix, spiced applesauce. THURS. — Chick.  
a-la-king on btrd. rice, btrd. broccoli, pean.  
btr. sand., blueberry cake w/topping. FRI. —  
Baked meatless lasagna, fruit slaw salad,  
btrd. yeast rolls, fresh pear.

#### ROBINSON PARKSCHOOL

MON. — Citrus juice, frank. on btrd.  
roll, must. and relish, btrd. carrots, white  
cake w/raspberry topping. TUES. — Baked  
chick., mashed pot., btrd. broccoli,  
cranberry sauce, pan rolls and btr., fudgicle.  
WED. — Juice, ham salad on roll, pot.  
chips, tom. and lettuce salad, cheese wedge,  
choc. pudding w/topping. THURS. —  
Macaroni w/meat and tom. sauce, btrd.  
green beans, brd. and btr. applesauce. FRI. —  
Tom. soup w/rice - crackers, pean. btr.  
sand., raw veg., pean. btr. cookie w/fruit.

#### JUNIOR HIGH SCHOOL

MON. — Juice, sloppy joe on bun,  
cabbage and carrot salad, apple w/pean. btr.  
cookie. TUES. — Juice, toasted ham  
and cheese roll, pt. chips, btrd. carrots, btr. cake  
with choc. sauce. WED. — Shell mac.  
w/meat balls, tossed salad w/spinach  
greens, sliced peaches w/cookie, brd. and  
btr. THURS. — Juice, hamb. on bun,  
stewed tom., pean. btr. sand., apricots.  
FRI. — Juice, grinders (sliced meat, cheese,  
lettuce, tomatoes), pot. chips, pickles, purple  
plums.

#### HIGH SCHOOL

MON. — Baked lunch. loaf w/pineapple,  
parslied pot., applesauce, rye brd. and btr.,  
fresh apple or pear. TUES. — Sloppy Joe,  
cabbage and carrot salad, pean. btr. sand.,  
pineapple crunch. WED. — Tom. juice, cold  
cut grinder (ham, bologna, and cheese),  
garden salad w/ tom. and spinach greens,  
mayo., pean. btr. sand., brownie. THURS. —  
Chicken a-la-king, mashed pot., peas and  
carrots, cranberry sauce, brd. and btr.,  
fruited Jell-o w/topping. FRI. — Tuna  
salad roll, btrd. corn, raw veg. tray, pean.  
btr. sand., frosted pineapple square.

Little things can break your back  
you can sit on a mountain, But not  
on a tack.

### Alterations - Repairs

on Men's - Ladies' - Chil-  
dren's Clothing - Zippers,  
hems, cuffs, pockets, etc.  
Reasonable - Fast Service.  
Agawam - Feeding Hills  
area, Tel, 736-5059.



I'd love to go home  
with you. I'm at  
LY 8-8724

### RUBBISH COLLECTION SCHEDULE

Fri.	Feb. 27	Rte. 5
Mon.	Mar. 2	Rte. 6
Tues.	Mar. 3	Rte. 7
Wed.	Mar. 4	Rte. 8
Thurs.	Mar. 5	Rte. 9
Fri.	Mar. 6	Rte. 10

### Agawam Students

Register  
Now!

Driver  
Education  
Class

New Class - March 2

ACCELERATED 2 1/2-WEEK  
CLASSROOM COURSE

afternoon or  
evening classes

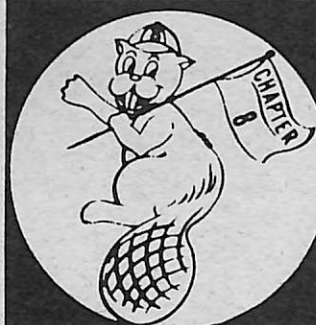
If you've already had class-  
room portion of driver ed-  
ucation at high school, take  
the six hours behind-the-  
wheel training with us!

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### SPRINGFIELD



### CAMPING AND OUTDOOR SHOW

FEB. 27-28, MARCH 1st  
EXPOSITION GROUNDS  
WEST SPRINGFIELD  
MANY DOOR PRIZES

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### Legal Notices

COMMONWEALTH  
OF MASSACHUSETTS  
Hampden ss

#### PROBATE COURT

To Joseph F. Riley of Agawam, in said  
County of Hampden, and to his heirs  
apparent or presumptive and to the  
Massachusetts Department of Mental  
Health.

A petition has been presented to said  
Court alleging that said JOSEPH F.  
RILEY has become incapacitated by reason  
of mental weakness to properly care for his  
property, and praying that FRANCIS J.  
GENSHEIMER of said Agawam, or some  
other suitable person, be appointed  
conservator of his property.

If you desire to object thereto, you or your  
attorney should file a written appearance in  
said Court at Springfield in said County of  
Hampden, before ten o'clock in the  
forenoon on the twentieth day of March  
1970, the return day of this citation.

Witness, ABRAHAM I. SMITH,  
Esquire, First Judge of said Court, this tenth  
day of February 1970.

JOHN J. LYONS, Register

It is ordered that notice of said proceeding  
be given by delivering a copy of the  
foregoing citation to said JOSEPH F.  
RILEY fourteen days at least before said  
return day; and by delivering or mailing by  
registered or certified mail a copy thereof to  
all other persons interested fourteen days at  
least before said return day; and if service be  
made by registered or certified mail, unless  
it shall appear that all persons interested  
have received actual notice, by publishing a  
copy of said citation once in each week for  
three successive weeks in the Agawam  
News, a newspaper published in said  
Agawam, the last publication to be one day  
at least before said return day.

Witness, ABRAHAM I. SMITH,  
Esquire, First Judge of said Court, this tenth  
day of February 1970.

JOHN J. LYONS, Register  
Feb. 26, March 5, 12

COMMONWEALTH  
OF MASSACHUSETTS  
Hampden ss

#### PROBATE COURT

To all persons interested in the estate of  
OSCAR PARENT late of Agawam in said  
County of Hampden, deceased.

A petition has been presented to said  
Court for probate of a certain instrument  
purporting to be the last WILL of said  
deceased by WILLIAM C. FLANAGAN  
of Springfield in the County of Hampden  
praying that he be appointed executor  
thereof without giving a surety on his bond.

If you desire to object thereto, you or your  
attorney should file a written appearance in  
said Court at Springfield, in said County of  
Hampden, before ten o'clock in the  
forenoon on the sixth day of March 1970,  
the return day of this citation.

Witness, ABRAHAM I. SMITH,  
Esquire, First Judge of said Court, this  
twenty-ninth day of January 1970.

JOHN J. LYONS, Register  
Feb. 12, 19, 26

Back yard  
Frontier

BY POLLY BRADLEY  
Mass. Audubon Society

### CRASH DIET IN CONSERVATION

I was telling my Aunt Polly, for  
whom I was named, that I get a little  
discouraged at the slow process of  
trying to teach people to take good  
care of their environment. "It's easy to  
pour out a bunch of words," I said,  
"But what does it really accomplish? I  
wish I could have a real crash program  
and DO something."

"Keep up the education work,  
Polly," she said. "It's like crash diets  
— they don't solve a thing if people  
just go right back to their old bad  
eating habits. This has to be a  
permanent change of the American  
approach to their environment.  
Americans have to learn to love and  
cherish their country enough to take  
care of it, and this requires lots of  
education, with all our teaching  
resources behind it. This is something I  
could get up on a soap box and shout  
about, too!"

Well, I felt better. And I certainly  
liked what Aunt Polly said about crash  
diets. She's right ... for a permanent  
solution to our conservation problems,  
we're going to have to not only make a  
good start with lots of strong  
willpower, but we're also going to have  
to change our bad habits.

We're going to have to stop thinking  
we can get a free ride on the  
environment. We can't just dump our  
sewage into the nearest river, or fill up  
the nearest marshland with our  
garbage, or dispose of our automobile  
fumes in the next person's nose.  
Individuals and industry alike are  
going to have to get in the habit of  
keeping their waste from polluting the  
rest of the world.

for advertising, call 732-1495